



ANNOUNCEMENT

2010 Skate Canada Manitoba STARSkate
North & South Westman Regional Competition

Dates, Host and Locations:

Neepawa Figure Skating Club
January 16, 2010
Neepawa, Manitoba

Sanctioned by: **Skate Canada**

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General Information

The *2010 Skate Canada Manitoba STARSkate Regional Championships* will be conducted in accordance with the regulations as set forth in the Skate Canada Rulebook. If not specifically stated otherwise in this document, the normal regulations governing skating will apply as indicated in Section 4000 and 7000 of the Skate Canada Rulebook, the Technical and Event Management Handbooks and the Policies and Procedures Manual.

Contact Information

Name: Heather Todoruk
Phone : 476-3727
Email: htodruk@mts.net

Rink to be Used

Arena Name	Ice Surface Size:
Yellowhead Arena	200' X 90'
175 Mountain	
Neepawa, MB	
476-5880	

Eligibility to Compete

Entrants in events in the **Regional** STARSkate Competitions shall:

- (1) Be eligible persons as defined in Skate Canada Rule Book Section 2100 (Rule 5401).
- (2) Be Associate members in good standing of the Association (rule 5401).
- (3) For eligibility in a sectional STARSkate competition, please note the following restrictions:

COMPETITIVE SKATERS: Skaters registered* to compete in any event at the Novice or higher level at a Sectional or Sectional qualifying competition, do not qualify to compete in the STARSkate Championships in any category at any level. Skaters registered to compete in the Juvenile and Pre-Novice level at a Sectional or Sectional qualifying competition may register to compete in event categories at the STARSkate level other than those competed in at a Sectional or Sectional qualifying competition. Please see the table below for the qualifications for entry.

- For purposes of interpretation of these regulations, registration for a sectional or qualifying event is defined as the submissions of a registration form for such event.

Competitive Category (registered for at Sectionals or Sectional qualifying event)	Events that may be entered at the STARSkate Championships (or qualifying event)
Novice and higher in Singles, Pairs and Dance	No events
Juvenile / Pre-Novice Competitive Dance	Free Skate, Pairs, Interpretive, Skating Skills
Juvenile / Pre-Novice Competitive Singles	Pairs, Dance, Interpretive, Skating Skills
Juvenile/Pre-Novice Competitive Pairs	Free Skate, Dance, Interpretive, Skating Skills
Competitive Synchronized Skater	All events

(4) A previous winner of a qualifying event for the Sectional STARSkate Championships is eligible to re-enter the same qualifying event provided that the competitor is still eligible to enter the corresponding category.

(5) **TEST AND AGE PREREQUISITES:** Competitors wishing to enter Skate Canada Manitoba STARSkate Championships and event leading to it shall meet the test requirements to compete before November 15 preceding the competition. Age requirements shall be met before October 1 preceding the competition.

In the case where the test requirements deadline for the event is November 15, skaters may skate up in the Free Skate categories if desired. Skating up is not permitted in Skating Skills and Interpretive events.

Should a Free Skate, Interpretive or Skating Skills event have only one entry, the skater will be given the option to skate at the next level or skate an exhibition. In the case of a Dance category with only one entry, there will be no option to skate at the next level. An exhibition may be done.

(6) **COMPETITIVE SINGLES TEST EQUIVALENCIES IN THE STARSkate PROGRAM:** As regulation 4000 –E – 3.1 states, skaters passing Free Skating tests in the competitive test system are granted equivalencies for regular free skating tests as follows:

- Juvenile Competitive Singles Test = Senior Bronze Free Skating Test
- Pre-Novice Competitive Singles Test = Junior Silver Free Skating Test
- Novice Competitive Singles Test = Senior Silver Free Skating Test
- Junior or Senior Competitive Singles Test = Gold Free Skating Test

Skaters who have passed any of the competitive test equivalencies must enter the STARSkate Championships at the level corresponding to their highest STARSkate test passed or at the level which they received the equivalency in the STARSkate Program, whichever is higher.

(7) Skaters may participate in either the 2010 Sectional/Provincial STARSkate Championships or the 2010 Adult Championships, but not both.

TECHNICAL NOTES:

- (i) Upcoming amendments at the ACGM and the ISU congress may change some of the technical requirements. Please keep updated by checking Skate Canada's website (Members Only)
- (ii) Well Balanced Program Criteria will be recommended for STARSkate events.

ILLEGAL ELEMENTS/MOVEMENTS IN ANY STARSKATE PROGRAM:

- Somersault type elements including cartwheels, back flips, and rolling on the ice.
- Lying and prolonged and/or stationary kneeling on both knees on the ice at any moment including the splits on the ice.
- Kneeling or sliding (2 knees, legs or combination of body parts) or supporting themselves on the ice with a hand(s) is not allowed.
- Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed during the performance. If an item falls off on its own, it is not a prop.

The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that could trip the skater should be avoided.

There will be a 2.0 point deduction for every illegal element/movement included in the program in CPC or 0.2 deduction under the 6.0 system.

Event Specifications

EVENT COMPOSITION: In normal circumstances, each category at the competition must be held for men and women separately. It is permissible for events that do not progress skaters on to a subsequent level of STARSkate Interclub competition to combine events as follows:

- (a) Combine two or more categories in the same event when each category has fewer than three entries;
- (b) Combine two or more categories in the same event when one category has insufficient entries to hold the event;
- (c) Combine men and women in events when insufficient entries are registered in one to hold the event.

The decision to combine events is at the discretion of the Technical Representative and the Host Committee.

In any of the above cases, categories may be combined – only with full prior knowledge and agreement of all competitors affected.

GROUPING SKATERS BY AGE:

- (a) For events that require grouping because of a large number of entries, the following procedure may be used:

- (i) In a category that does not progress skaters on to a subsequent competition, and no final round is held, skaters may be divided and grouped according to age.
 - (ii) In an event that progresses skaters on to a subsequent competition or when a final round is held, skaters in the same category must be divided and grouped by random draw.
- b) Entry Level Skaters will be grouped if there are more than 12 entries in the event
 - c) STARSkate events will be grouped by age when event registration exceeds 16 entries
- (3) **GROUPING SKATERS BY TEST LEVEL:** Due to a large number of entries in the Pre-Introductory Interpretive skaters may be divided and grouped according to Free Skate test level.
- (4) **COMPOSITION OF PARTNERS:** Couples for Dance events may be comprised of two women (one performing the man's steps), or one woman and one man or two boys and competitors may enter only one Compulsory Dance Event. Similar and mixed couples may compete against each other.

Couples for pairs must be composed of a man and a woman.

Costuming

The clothing for all competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Accessories and props are not permitted.

Awards

Medals will be presented to the top 3 finishers of each discipline. The presentation schedule will be available at registration.

Music Requirements

CD's will be the only format used at Manitoba Competitions for the 2010 season

- (1) **REGISTRATION OF MUSIC:** Music must be turned in at the time of registration. CD's and their cases must have the competitor's name and event clearly printed on them. The music information as required on the Entry Form must be completed in detail (as applicable).

All music used must be in the public domain or covered by the performing rights societies.

Competitors who have music composed especially for their program either wholly or in part, shall be responsible for obtaining a written release from the composer for the use of such music on radio or television or appropriate clearance from the performing rights society.

- (2) **DANCE MUSIC:** For the information of Dance competitors, 2001 Skate Canada Series 8 music (or ISU music when applicable) will be used for all compulsory dance events.
- (3) **MUSIC REQUIREMENTS:** Each entry must provide 2 CD's or 1CD and one cassette for the Competition upon registration. One for competition (marked "Master") and one for back-up (marked "copy"). The Master copy MUST be a CD. It is recommended that a cassette backup be carried by the skater. Please place phonetic spelling of first and last name on the cassette or CD cases to aid the announcer with pronunciation.

Standard Specifications

1. Only one (1) program (using one track only) shall be recorded on each CD.
2. Music shall be recorded onto the CD so that it starts within no less than 0.5 seconds and not more than 2 seconds after the play button is pressed on the CD player.
3. CD recording level shall be normal consistent listening level. Music shall be recorded at equal levels on both left and right channels in **stereo**.

Each Compact Disc shall:

- ❖ Be on a standard CR-R and enclosed in a single transparent plastic case.
Do not use CD-RW
- ❖ Have the music recorded in Compact disc audio (**CDA**) or **WAV** format.
(Not MP3, iTunes or DVD format)
- ❖ Be in good clean playable condition.

Labelling

Skater's name, category name, total music time (not skating time) and Home Club shall be clearly printed on:

1. Label on the CD case back insert only. The CD must be visible in front of case.
2. Identify CD by writing on the front of the CD using a fine or medium Sharpie type marker. Do not use a ballpoint pen.
3. Do not apply stick on labels to the CD
4. Label disc with Master or Backup copy clearly on the front.

Registration

- (1) **SKATERS**
Skaters must register by completing the application form provided and returning it to the respective host region. The acceptance of late entries is at the discretion of the host region in consultation with the Technical Representative. Return completed registration forms to:

Heather Todoruk
Box 1172
Neepawa, Manitoba
R0J 1H0

All skaters and coaches must register on-site at the host arena. Registration times will be announced by the host region.

(2) **REGISTRATION FEES**

Registration fees are as follows:

First Event - \$25.00

Additional Events - \$15.00 x ____ (# of events x \$15.00)

Team Events - \$25.00 per team

Synchronized Skating Teams - \$50.00 per team

Cheques or money orders should be made payable to:

Neepawa FSC

(3) **ENTRIES**

Entry forms must be signed by the Club Test Chair and the skaters' Professional Coach. Completed entry forms are to be returned to your respective regional host committee.

(4) **SINGLE ENTRY EVENTS**

Single entry events advancing to the Manitoba STARSkate Championships must skate in their respective Regional Event.

(5) **CLOSING DATE OF ENTRIES**

The closing date of entries shall be received by midnight on Friday, December 11, 2009. Late or incomplete entries may not be accepted.

(6) **REFUNDS**

No Refunds will be issued after December 11, 2009.

(7) **COACHES ACCREDITATION**

Coaches must be NCCP Level 1 certified or working on the Level 1 Phase 4 Practical, hold a valid First Aid Certificate, and must be registered professional coaching members in good standing with Skate Canada. Coaches must carry a valid Coach Photo ID card to be permitted to coach at any event. Coaches failing to provide the proper Coach Photo ID will not be permitted into any restricted or designated Coaching areas.

Coach Photo Identification Request Forms can be found on Skate Canada Manitoba's website. All Coach Photo ID requests must be submitted no later than 14 days prior to the start of the event.

Practice Ice

Upon registration or attendance at an officially scheduled practice session (if held), skaters are not permitted to skate on any ice surface other than the official practice or competition ice as is scheduled for the event.

Results Calculation

(1) **OBO**

Please note that the "OBO" (one-by-one) results calculation method will be used for all events.

(2) **EVENT MARKING CRITERIA, TIE BREAKING AND FACTORS**

EVENT	MARKING CRITERIA	FACTOR	%	TIE BREAKER
Free Skate	Technical Merit, Presentation	1.0	100	2 nd mark
Pairs	Technical Merit, Presentation	1.0	100	2 nd mark
Short Programs	Technical Merit, Presentation	1.0	100	1 st mark
Compulsory Elements	Technical Merit, Presentation	1.0	100	1 st mark
Spins	Technical Merit, Presentation	1.0	100	1 st mark
Compulsory Dance				
• Compulsory 1	Technique, Timing/Expression	0.5	50	1 st mark
• Compulsory 1	Technique, Timing/Expression	0.5	50	1 st mark
Free Dance	Composition, Presentation	1.0	100	2 nd mark
Interpretive	Skating Skills, Presentation	1.0	100	2 nd mark
Skating Skills				
• Skill 1	Technique, Pacing/Performance	0.5	50	1 st mark
• Skill 2	Technique, Pacing/Performance	0.5	50	1 st mark
Creative Skills	Technique, Pacing/Performance	1.0	100	1 st mark
Team Events	Technical Merit, Presentation	1.0	100	1 st mark
Improv on Ice	Skating, Performance	1.0	100	2 nd mark

Skating Skills Events

A tie upon completion of the second exercise is not broken (i.e. treated like compulsory dances where skaters remain tied).

- (3) **MARKING SYSTEM** - Closed marking will be used for all events.

Events to Be Held

The following events shall advance to the Skate Canada – Manitoba STARSkate Provincial Championships:

- ❖ **Free Skate – the top 3 placements in each region from the following events:
Pre-Preliminary, Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold**
- ❖ **Pairs – the top 3 placements in each region from the following event:
Introductory Pairs**
- ❖ **Dance – the top 3 placements in each region from the following events:
Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold.**

EVENTS TO BE HELD

(1) FREE SKATE EVENTS

(A) Instructions for understanding the Well Balanced Program Requirements:

- **Jump Elements: Jump elements include all jumps done alone, in combination and in sequence**
 - When counting Jump elements, a combination jump (2 jumps) counts as one jump element and a jump sequence (2 or more jumps) counts as one jump element
 - Example: Axel, 2-Toe-Loop and 2Salchow + 2ToeLoop combination is 3 jump elements even though it is 4 jumps
 - Example: Lutz-1/2-Loop-Flip sequence, Loop/Loop combination, Axel is 3 jump elements event though it is 5 jumps.
 - In every program there must be a forward take-off jump (referred to as an “Axel-type” jump). This typically will be either a Waltz jump or one of the Axel jumps. If an Axel type jump is not included, but the skater performed the maximum allowed number of jumps, in CPC the last executed of the allowed number jumps would not count for points. In 6.0 there will be a 0.2 deduction in the technical score for a missing requirement.
 - In every case there is a maximum number of jump elements that may be included (jumps in excess of this maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0).
 - Combination or sequences in excess of the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.2 deduction in 6.0.
 - No jump may be included more than twice. Further, if a jump is repeated (i.e., included twice in a program) one of the jumps must be in combination or sequence. (Note: Jumps of the same name but different rotations are considered as different jumps, i.e. 2Loop and 1Loop are considered as different jumps). If a repeated jump is not performed in combination or sequence, the repeated jump should be treated as a jump sequence with only one jump. It will count in the total number of combinations and sequences allowed. There is no other penalty.
 - If a jump is executed that is of a higher level of difficulty than permitted for a given category (i.e. 2Lo executed in a preliminary free skate program) then the jump will receive no points (0.00 value) in CPC or will be subject to a 0.4 deduction in 6.0. If said jump is a part of a combination or sequence then the element will still be counted as a combination or sequence and in CPC the other jumps in the element will be scored as per combination or sequence principles of calculation.
 - If a skater executes more double jumps than are permitted for a given category (i.e. two double jumps (the same or different) are executed in a preliminary free skate program) the skater shall receive a 0.4 deduction in 6.0. In CPC the additional jump shall

receive no points (0.00) but still count in the total number of executed jump elements.

- **Spin Elements: Spin elements include any spin-like movement that has at least three (3) rotations in total. Spin elements are categorized as spins of one position, combination spins and flying spins. In each case there are a maximum number of spins that may receive credit in any program. In addition, there is some content that is mandatory. Spins in excess of the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0.**
- If a spin does not meet one of the requirements for a program and the maximum number of spins has been executed, then in CPC the spin not meeting requirements will be worth 0.00 points. In 6.0 the spin will be subject to a 0.1 deduction.
 - Example: Junior Bronze Free Skate: three spins are executed, two combinations and a spin in one position. There is no spin with a flying entry. In CPC, the last executed spin will receive no points. In 6.0 there will be a 0.1 deduction from the technical score.
- **Note: A fourth spin of any nature may be included in Senior Silver and Gold.** In CPC, the first three (3) spins to fulfill the requirements as outlined above will be counted; the first that is outside of the requirements will not be scored and will not receive any value. The fourth spin will not be subject to deduction in 6.0
 - Example #1: (Senior Silver) 1) CCoSp2
2) FCoSp2
3) LSp2**
4) FSSp2
 - Element 1) above would satisfy the requirement for a combination spin with change of foot. Element 2) would satisfy the requirement for a spin of any nature. Element 3) does not satisfy the remaining available spin (flying spin with no change of position and no change of foot) and as such will not be counted and will not receive any value.
- **Step Sequences: Any step sequences beyond the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0. (Note: For Senior Silver and Gold categories, the first allowed step sequence will be counted. Additional step sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0)**
- In order to be identified as a step sequence it must cover at least half of the ice surface.
- **Spiral Sequences: Any spiral sequence beyond the maximum will receive no points (0.00 value) in CPC or will be subject to a 0.1 deduction in 6.0. (Note: For Senior Silver and Gold categories, the first allowed spiral sequence will be counted. Additional spiral sequences will be considered as transitions in CPC and will not be subject to deduction in 6.0.)**

(B) DEFINITION OF TERMS:

Jump Element: A solo jump, jump combination or jump sequence.

Jump Combination: A jump combination may consist of the same or another single, double, triple or quadruple jump. In a jump combination the landing foot of the first jump is the take off foot of the second. The element remains a jump combination (with error) even when there are two (2) three turns between jumps with a slight touch down (without weight transfer).

Jump Sequence: A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and or hops immediately following each other, while maintaining the jump rhythm (knee); there can be no turns/steps*, crossovers or stroking during the sequence.

*Turns: three turns, twizzels, brackets, loops, counters, rockers

*Steps: running steps, toe steps, chasses, Mohawks, Choctaws, curves with change of edge, cross-rolls.

Any kinds of hops and unlisted jumps inside the sequence are allowed. From the moment the jump sequence does not fulfill the above requirements, the remainder of the jump sequence will be ignored and the element will be called "name of the first jump(s) plus sequence". In this case the GOE relates to the whole element. So in free skating judges always evaluate what they see independent of the call. If an Axel type jump immediately follows any other jump (without any steps, turns, hops, mazurkas and unlisted jumps), *it is considered as a jump sequence* and will be identified as one jump element.

Examples of acceptable jump sequences for STARSkate competition and a STARSkate test are as follows:

1A+1/2Lo+2S

1Lz+1/2Lo+1/2F+1A

Note: For STARSkate test, a jump sequence must contain three listed or unlisted jumps, but does not have the restriction on the steps and turns that exist in competition. An example of a jump sequence that would be acceptable for a STARSkate test but not a STARSkate competition is:

1A+mazurka+three turn+2S

Spin Combination: A spin combination must contain at least one change of position with at least two rotations before and after the change. A change of foot is optional (min 2 + 2 revolutions.)

Flying Spin: A flying spin is a spin that begins with a flying entry. A flying spin may also be a combination spin (min 2 revs)

Spin in One Position: A spin in one position may not contain a change of position. A change of foot is optional. A change of foot does not make the spin a combination (min 3 revolutions)

Illegal Elements/Movements See page 4.

(C) Events

(a) ENTRY LEVEL FREE SKATE

- (i) **TEST:** Must not have passed any Skate Canada Skating Skills test or portion of the Preliminary Free Skate test and must have not competed in a Regional Event at the Pre-Preliminary level or higher.
- (ii) **SPECIFICATIONS FOR EVENT:** One Free program of 1.5 minutes in length (+ / - 10 seconds)
- (iii) **WELL BALANCED CRITERIA:**

RESTRICTION: Jumps must be no higher than a loop jump (this means no flip, lutz or axel). Any attempt at these jumps will result in a deduction.

Jump Elements

- Maximum five (5) jump elements
- No jump higher than a single loop
- Must include at least one (1) waltz jump
- Maximum two (2) combinations or sequences. Jump combinations may contain no more than two (2) jumps.
- No jump included more than twice and if a jump is repeated it must be in combination or sequence.

Spin Elements

- Maximum two (2) spins
- No flying spins permitted
- One (1) spin must be in one position, not in combination, no change of foot
- Maximum one (1) may be a combination spin, no change of foot

Step Sequences

- Maximum one (1) step sequence or spiral sequence

(b) PRE-PRELIMINARY FREE SKATE 8 & UNDER AND PRE-PRELIMINARY FREE SKATE 9 & OVER

- (i) **TEST:** Must not have passed the complete Preliminary Free skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 1.5 minutes in length (+ / - 10 seconds)
- (iii) **WELL BALANCED CRITERIA:**

Jump Elements

- Maximum six (6) jump elements
- No jump higher than a single Lutz
- Must include at least one (1) waltz jump
- Maximum two (2) combinations or sequences. Jump combinations may contain no more than two (2) jumps.
- No jump included more than twice and if a jump is repeated it must be in combination or sequence.

Spin Elements

- Maximum two (2) spins
- No flying spins permitted
- One (1) spin must be in one position, not in combination, no change of foot
- Maximum one (1) combination spin, no change of foot

Step Sequences

- Maximum one (1) step sequence or spiral sequence

**(c) PRELIMINARY FREE SKATE 9 & UNDER AND
PRELIMINARY FREE SKATE 10 & OVER**

- (i) **TEST:** May have passed Preliminary Free skate test but no higher Complete Free skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 2.0 minutes in length (+/- 10 seconds)
- (iii) **WELL BALANCED CRITERIA:**

Jump Elements

- Maximum six (6) jump elements
- All singles jumps permitted and one maximum (1) double jump which may be a double salchow or a double toe loop
- Must include at least one (1) Axel jump (waltz or single Axel)
- Maximum two (2) combinations or sequences. Jump combinations may contain no more than two (2) jumps.
- No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.

Spin Elements

- Maximum two (2) Spins of any nature
- Maximum one (1) may be a flying spin
- One spin of any nature

Step Sequences

- Maximum one (1) step sequence or a spiral sequence

**(d) JUNIOR BRONZE FREE SKATE 10 & UNDER AND
JUNIOR BRONZE FREE SKATE 11 & OVER**

- (i) **TEST:** May have passed Jr. Bronze Free skate test but no higher Complete Free skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 2.5 minutes in length (+/- 10 seconds)
- (iii) **WELL BALANCED CRITERIA:**
- (iv) **All elements will be called no higher than Level 1**

Jump Elements

- Maximum seven (7) jump elements
- All single jumps permitted and maximum two double jumps which may be up to and including a double loop
- Must include at least one (1) Axel type jump (waltz or single Axel)
- Maximum two (2) combinations or sequences. Jump combinations may contain no more than two (2) jumps.
- No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.

Spin Elements

- Maximum three (3) Spin Elements
- One (1) Spin must be a flying spin
- One (1) spin must be a combination (change of foot mandatory)
- One spin of any nature

Step Sequences

- Maximum one (1) step sequence or spiral sequence

(e) SENIOR BRONZE FREE SKATE

- (i) **TEST:** May have passed Sr. Bronze Free skate test but no higher Complete Free skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 3.0 minutes in length (+/- 10 seconds)
- (iii) **WELL BALANCED CRITERIA:**
- (iv) **All elements will be called no higher than Level 1**

Jump Elements

- Maximum seven (7) jump elements
- All single and double jumps permitted except double Axel
- Must include at least one (1) Axel type jump (waltz or single Axel)
- Maximum three (3) combinations or sequences. Jump combinations may contain no more than two (2) jumps.
- No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.

Spin Elements

- Maximum three (3) Spin Elements
- One (1) spin must be a flying spin in one position with no change of foot
- One (1) spin must be a combination (change of foot mandatory)
- One spin of any nature

Step Sequences

- Maximum one (1) step sequence or spiral sequence

(f) JUNIOR SILVER FREE SKATE

- (i) **TEST:** May have passed Jr. Silver Free skate test but no higher complete Free skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 3.5 minutes in length (+/- 10 seconds)
- (iii) **WELL BALANCED CRITERIA:**

Jump Elements

- Maximum seven (7) jump elements
- All jumps permitted
- Must include at least one (1) Axel type jump (waltz or Axel jump)
- Maximum three (3) combinations or sequences. Jump combinations may contain no more than two (2) jumps.
- No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.

Spin Elements

- Maximum three (3) Spin Elements
- One (1) Spin Must be a flying spin one position with no change of foot
- One (1) must be a combination (change of foot mandatory)
- One spin of any nature

Step Sequences

- Maximum one (1) step sequence or spiral sequence

(g) SENIOR SILVER FREE SKATE

- (i) **TEST:** May have passed Sr. Silver Free skate test but no higher complete Free skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 3.5 (women) or 4:0 (men) minutes in length (+/- 10 seconds)

Jump Elements

- Maximum seven (7) jump elements
- All jumps permitted
- Must include at least one (1) Axel type jump (waltz or Axel jump)
- Maximum three (3) combinations or sequences. Jump combinations may contain no more than two (2) jumps.
- No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.

Spin Elements

- Maximum three (3) Spin Elements
 - One (1) spin must be a flying spin one position with no change of foot
 - One (1) spin must be a combination (change of foot mandatory)
 - One (1) spins of any nature
- *Note: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements will not be counted and will not receive any value. The fourth spin will not be subject to deduction in 6.0

Step Sequences

Women:

- Maximum one (1) step sequence or spiral sequence

Men:

- Maximum one (1) step sequences (straight line, circular or serpentine)

*Note: the first allowed step or spiral sequence will be counted. Additional step or spiral sequence will be considered as transitions in CPC and will not be subject to deduction in 6.0

(h) GOLD FREE SKATE

- (i) **TEST:** Must have passed Gold Free skate test
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 3.5 (ladies) or 4.0 (men) minutes in length (+/- 10 seconds)
- (iii) **WELL BALANCED CRITERIA:**

Jump Elements

- Maximum seven (7) jump elements
- All jumps permitted
- Must include at least one (1) Axel type jump (waltz or Axel jump)
- Maximum three (3) combinations or sequences. Jump combinations may contain no more than two (2) jumps.
- No jump included more than twice and if a jump is repeated it must be in combination or sequence. The double jump may not be repeated.

Spin Elements

- Maximum three (3) Spin Elements
- One (1) spin must be a flying spin one position with no change of foot
- One (1) spin must be a combination (change of foot mandatory)
- One (1) spins of any nature

*Note: A fourth spin of any nature may be included. In CPC, the first three spins to fulfill the requirements will not be counted and will not receive any value. The fourth spin will not be subject to deduction in 6.0

Step Sequences

Women:

- Maximum one (1) step sequence or spiral sequence

Men:

- Maximum one (1) step sequences (straight line, circular or serpentine)

*Note: the first allowed step or spiral sequence will be counted. Additional step or spiral sequence will be considered as transitions in CPC and will not be subject to deduction in 6.0

Note: Skaters may skate up one level in the Free Skate events.

(2) PAIRS

(a) INTRODUCTORY PAIRS

- (i) **TEST:** Each partner must not have passed any competitive pair test, but each must have passed at least the Preliminary Free skate test.
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 2.0 minutes (+/- 10 seconds) in length.

(b) OPEN PAIRS

- (i) **TEST:** Each partner must have passed at least the Preliminary Free skate test. There are no other test restrictions.
- (ii) **SPECIFICATIONS FOR EVENT:** One free program of 2.5 minutes (+/- 10 seconds) in length.

Note: For more information on Pair events, please refer to the document posted on Members Only – “Resource Material for Skaters and Officials”. From the main menu click on “Information: CPC Judging System” and then “STARSkate and Adult”.

Compositions of Partners: The pair must be composed of a man and a woman.

(3) DANCE EVENTS

(Note: Dances are to be skated in the order listed. The number of dance patterns to be skated shall be the same as for Evaluated Tests. Please refer to the Skate Canada Technical Handbook Figure Skating Terms Defined – 3.15 (2))

(a) PRELIMINARY DANCE

- (i) **TEST:** At least one partner must have passed the complete Preliminary Dance test and not the complete Junior Bronze Dance test.
- (ii) **SPECIFICATIONS FOR EVENT:**
 - Dutch Waltz and Baby Blues

(b) JUNIOR BRONZE DANCE

- (i) **TEST:** At least one partner must have passed the complete Jr. Bronze Dance test and not the complete Senior Bronze Dance test.
- (ii) **SPECIFICATIONS FOR EVENT:**
 - Swing and Fiesta Tango

(c) SENIOR BRONZE DANCE

- (i) **TEST:** At least one partner must have passed the complete Sr. Bronze Dance test and not the complete Junior Silver Dance test.
- (ii) **SPECIFICATIONS FOR EVENT:**
 - Ten Fox and Fourteenstep

(d) JUNIOR SILVER DANCE

- (i) **TEST:** At least one partner must have passed the complete Jr. Silver Dance test and not the complete Senior Silver Dance test.
- (ii) **SPECIFICATIONS FOR EVENT:**
 - Harris Tango and Rocker Foxtrot

(e) SENIOR SILVER DANCE

- (i) **TEST:** At least one partner must have passed the complete Sr. Silver Dance test and not the complete Gold Dance test.
- (ii) **SPECIFICATIONS FOR EVENT:**
 - Starlight Waltz and Kilian

(f) GOLD DANCE

- (i) **TEST:** At least one partner must have passed the complete Gold Dance test and not the complete Diamond Dance test.
- (ii) **SPECIFICATIONS FOR EVENT:**
 - Blues and Quickstep

(g) DIAMOND DANCE

- (i) **TEST:** At least one partner must have passed the complete Diamond Dance test.
- (ii) **SPECIFICATIONS FOR EVENT:**
 - Viennese Waltz and Argentine Tango

(4) COMPULSORY SHORT PROGRAMS

- A program consisting of required elements will be skated to music.
- Programs must have an opening and ending pose
- Full ice surface will be used
- Elements may be skated in any order using connecting steps, strong edges and flow.
- Music must not exceed the allotted time, however may be less provided the skater has completed all of the required elements.
- Deductions will be taken for any added or repeated elements.
- **Eligibility for Events is the same as for Free Skating Events.**

**(a) JUNIOR SILVER, SENIOR SILVER AND GOLD COMBINED
COMPULSORY SHORT PROGRAM**

Skating Time: 2 minutes and 40 seconds maximum

- Axel Jump
- Any Double Jump
- Jump Combination - any single or double jump followed by a double jump
- Any Flying Spin (minimum of 4 revolutions in the required position)
- Combination Spin (minimum of 5 revolutions on each foot - 1 change of foot allowed - minimum of 2 changes of position and must not commence with a flying start)
- Combination of 3 Field Moves in sequence
- Footwork Sequence (any pattern using the full ice surface)

(d) SENIOR BRONZE COMPULSORY SHORT PROGRAM

Skating Time: 2 minutes and 15 seconds maximum

- Axel Jump
- Any Double Jump
- Jump Combination (2 jumps including at least one double jump)
- Any Flying Spin (minimum of 3 revolutions in the required position)
- Combination Spin (minimum of 3 revolutions on each foot - 1 change of foot allowed - minimum of 2 changes of position and must not commence with a flying start)
- Combination of 3 Field Moves in sequence (must include at least one spiral)
- Footwork Sequence (any pattern using full ice surface)

(e) JUNIOR BRONZE COMPULSORY SHORT PROGRAM

Skating Time: 2 minutes maximum

- Axel Jump
- Any Single or Double Jump
- Jump Combination – 2 jumps, one of which may be a double
- Combination Spin – Camel Spin/Sit Spin (minimum of 2 revolutions per position and must not commence with a flying start)
- Flying Camel Spin (minimum 2 revolutions)
- One (1) Spiral on each foot in sequence (edge and direction optional)
- Footwork Sequence (any pattern using full ice surface)

(5) COMPULSORY ELEMENTS

- A program consisting of required elements.
- No music will be used.
- Programs must have an opening and ending pose.
- Events will use ½ of the ice surface.
- Elements may be skated in any order using connecting steps, strong edges and flow.
- Deductions will be taken for any added or repeated elements.
- **Eligibility for events is the same as for Free Skating Events.**

(a) PRELIMINARY COMPULSORY ELEMENTS

Skating Time: 1:15 minute maximum

- Lutz Jump
- Jump Combination – 2 jumps, one of which may be a double
- Sit Spin (minimum of 2 revolutions)
- Camel Spin (minimum of 2 revolutions)
- Forward Spiral on left and right foot (maybe performed separately or in sequence - no variations of basic spiral position allowed).

(b) PRE-PRELIMINARY COMPULSORY ELEMENTS

Skating Time: 1:15 minute maximum

- Loop Jump
- Jump Combination – Flip/ Toe Loop
- Forward One Foot Spin (minimum of 2 revolutions)
- Sit Spin (minimum of 2 revolutions)
- Forward Spiral (foot & edge optional, no blade hold)

(c) ENTRY COMPULSORY ELEMENTS

Skating Time: 1:15 minute maximum

- Waltz Jump
- Salchow/Toe Loop
- Forward One Foot Spin
- Sit Spin
- Forward Spiral (foot & edge optional, no blade hold)

(6) INTERPRETIVE EVENTS

Music: Skater's choice; Can be vocal, and can be of any nature

The interpretive program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Jumps may be included, but credit will not be given for their technical difficulty. Credit for jumps and spins is based solely on the chosen theme, not merely a collection of pleasing or spectacular moves assembled to entertain an audience (exhibition/show program).

Although creative movement usually has a theme as a starting point, each movement need not be part of a coherent "story line". Movement expresses in aesthetic form the drives, desires, and reactions of alive human beings. It does not involve animals, fairies, ghosts or toys come to life, except as they might exist in the mind of the skater.

While many programs will, undoubtedly, reflect known themes from past ballet, opera, operetta or musical productions of the stage or screen, skaters should be encouraged to move beyond these to explore more original and personal concepts. Skaters choosing an unknown theme shall be rewarded. Programs might explore designs in abstract movement suggested by selected sound patterns, moods, or concepts.

Skaters must submit, prior to the competition, a brief statement of the chosen theme. It is to be no more than 70 characters in length.

An interpretive solo is intended through its process to increase body and choreographic vocabulary and awareness, by meeting specific content criteria. The criteria includes:

- **Compositional Form/Development of Theme**, (ex. A completed idea)
- **Dynamics**, (e.g. sustained, collapse, sharp, smooth).
- **Use of space**, (e.g. planes, directions, indirect, asymmetric shapes).
- **Use of full body**, (e.g. torso, head, hands, legs, feet).
- **Use of music**, (e.g. phrasing, style, awareness, and sensitivity to musical elements while performing).

(a) PRE- INTRODUCTORY INTERPRETIVE

(i) TEST: Must not have passed any Skate Canada Interpretive Skating test.

(ii) SPECIFICATIONS FOR EVENT: One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length

(b) INTRODUCTORY INTERPRETIVE

- (i) **TEST:** Must have passed the Introductory Interpretive test but no higher.
- (ii) **SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length.

(c) BRONZE INTERPRETIVE

- (i) **TEST:** Must have passed the Bronze Interpretive test but no higher.
- (ii) **SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length.

(d) SILVER INTERPRETIVE

- (i) **TEST:** Must have passed the Silver Interpretive test but no higher.
- (ii) **SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length.

(e) GOLD INTERPRETIVE

- (i) **TEST:** Must have passed the Gold Interpretive test
- (ii) **SPECIFICATIONS FOR EVENT:** One Interpretive program of 2.0 to 3.0 minutes (+ or – 10 seconds) in length.

(7) CREATIVE SKATING SKILLS PROGRAMS

Duration: not to exceed 2 minutes

Music Tempo: minimum 112 beats per minute

Music: Skater's choice

- Can be vocal
- Can be a selection from the Skating Skills Program music
- Music should have a rhythmic beat
- 2 or 3 selections of music may be used

(A) Basic guidelines to Required Content:

- Three step sequences are required: Straight Line, Circular, and Serpentine shape. More than one example of each shape may be included provided that the music time does not exceed 2 minutes, however only the first executed of each shape that meets the requirements will receive point value. All others will be considered in the technical transitions score.
- May include one stop not exceeding 5 seconds.
- Inclusion of recognizable Skating Skills exercise components (rockers, counters, hip twists, loops, etc) will be rewarded. Changes of edge, rockers, choctaws and other such steps and turns, and multi-directional skating, etc. will be rewarded.
- Speed should match the type of element or step. Difficulty of steps + speed + control of execution is the most important combination of skills demonstrated.
- Small hops, toe steps and small jumps of no more than 1/2 rotation are permitted.
- Spins of more than 2 rotations are not permitted.
- Excessive skating on 2 feet is considered as an inability to skate and should be penalized.

- Spirals/ Moves in the Field Sequence (circular or serpentine): Each position must be held for at least 2 seconds to be counted. There must be at least 3 different positions of at least 2 seconds in this sequence.
- Serpentine shape must have at least 2 bold curves of not less than one half the width of the ice surface and must go from end to end.
- Straight line shape commences at any place of the short barrier and goes to any place of the opposite short barrier keeping the approximate shape of the straight line.
- Circular shape can be oval or circular but must cover the width of the ice.

Note: The minimum requirements for a step sequence to be identified are as follows:

- The step sequence must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern. Step sequences that are too short or barely visible will not be identified or receive points. Under 6.0 a 0.4 deduction will be applied.
 - Straight line must go from one end of the ice to the other (length) in a direct manner (without bold curves)
 - Serpentine must have at least two bold curves of not less than $\frac{1}{2}$ the width of the ice, moving from one end of the ice to the other (length)
 - Circle may be circle or oval in shape but must cover the width of the ice

Clarification of a Step Sequence: A step sequence must cover at least $\frac{3}{4}$ of the ice surface in the designated pattern.

Illegal Elements/Movements: See page 4

(B) Events

(a) BRONZE CREATIVE SKILL

(i) SPECIFICATIONS FOR EVENT: One Creative Skating Skills Program (Maximum 2.0 minutes in length)

(ii) WELL BALANCED CRITERIA:

Straight Line Step

- Program must include one (1) straight-line step sequence
- This step sequence must include a series of 3 or more loops

Circle & Serpentine Step

- Program must include one (1) circle step sequence and one (1) serpentine step sequence
- The skater must choose one of the circular or serpentine step sequences to be predominantly field moves
- The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows:
 - Multiple three-turns and brackets
 - Other turns may be included. Clean edges and turns will be rewarded.

(b) SILVER CREATIVE SKILL

(i) SPECIFICATIONS FOR EVENT: One Creative Skating Skills Program (Maximum 2.0 minutes in length)

(ii) WELL BALANCED CRITERIA:

Straight Line Step

- Program must include one (1) straight-line step sequence
- This step sequence must include 2 twizzles on one foot with up to one step in between, no stop(s) are allowed before and/or between twizzles

Circle & Serpentine Step

- Program must include one (1) circle step sequence and one (1) serpentine step sequence
- The skater must choose one of the circular or serpentine step sequences to be predominantly field moves
- The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows:
 - Counter and Rocker turns
 - Other turns may be included. Clean edges and turns will be rewarded

(c) GOLD CREATIVE SKILL

(i) SPECIFICATIONS FOR EVENT: One Creative Skating Skills Program (Maximum 2.0 minutes in length)

(ii) WELL BALANCED CRITERIA:

Straight Line Step

- Program must include one (1) straight-line step sequence
- This step sequence must include 2 twizzles on one foot with up to one step in between, no stop(s) are allowed before and/or between twizzles

Circle & Serpentine Step

- Program must include one (1) circle step sequence and one (1) serpentine step sequence
- The skater must choose one of the circular or serpentine step sequences to be predominantly field moves
- The other of the circular or serpentine (that which is not field moves) must have a series of required turns (depending on level) as follows:
 - Counter and Rocker turns
 - Other turns may be included. Clean edges and turns will be rewarded

OPTIONAL EVENTS

(8) SPIN EVENTS

- Spins shall be skated in a simple program with no extra or repeated elements. Connecting moves may include short sequences of footwork such as threes, brackets, rockers, etc. and/or spirals, spread eagles, ina bauers. Connecting moves are for the sole purpose of manoeuvring between spins and will not be judged.
- All levels will use half of the ice surface.
- Skating time for all levels will be 1.5 minutes.
- No music allowed.
- **Eligibility is the same as for Free Skating Events.**

(a) GOLD / SENIOR SILVER SPINS (COMBINED EVENT)

- Flying Spin of the skater's choice (minimum of 5 revolutions)
- Combination Spin with one change of foot and at least three changes of position (minimum of 5 revolutions on each foot)
- Camel Change Camel (minimum of 5 revolutions on each foot)

(b) JUNIOR SILVER SPINS

- Flying Spin of the skater's choice (minimum of 4 revolutions)
- Combination Spin with one change of foot and at least two changes of position (minimum of 4 revolutions on each foot)
- Camel Change Camel (minimum 4 revolutions on each foot)

(c) SENIOR BRONZE SPINS

- Flying Spin of the skater's choice (minimum of 3 revolutions)
- Combination Spin with one change of foot and at least one change of position (minimum of 4 revolutions on each foot)
- Camel Change Camel (minimum of 3 revolutions on each foot)

(d) JUNIOR BRONZE SPINS

- Flying Camel (minimum of 3 revolutions)
- Combination spin with one change of foot and at least one change of position (minimum of 3 revolutions on each foot)
- Sit Change Sit (minimum of 3 revolutions on each foot)

(e) PRELIMINARY SPINS

- Combination Spin with one change of foot and at least one change of position (minimum of 3 revolutions in each position)
- Sit Change Sit (minimum of 2 revolutions in each position)
- Camel or Layback spin (minimum of 2 revolutions)

(f) PRE-PRELIMINARY SPINS

- Camel, Layback or Back Spin (minimum of 2 revolutions)
- Sit Spin (minimum of 2 revolutions)
- Forward one foot spin change to backward one foot spin (minimum of 2 revolutions on each foot)

(9) TEAM EVENTS

- Eligibility is by test level and is the same as listed for the Free Skating Events.
- Each team will consist of four (4) skaters (male, female or a combination thereof).
- All four skaters on a team must not have passed any Free Skating Test higher than listed for the event, but may have passed a lower Free Skating Test.
- Teams may consist of members from different home clubs.
- Substitutions of a team member after the closing date of entries may be done so for medical reasons only.
- A skater may participate in one Team Event only.
- Skaters will have only one attempt at their element.

(a) ENTRY / PRE-PRELIMINARY

1. Bunny Hop
2. Forward one foot spin
3. Jump combination – Salchow/Toe Loop
4. Forward Spiral into drag, no change of foot

(b) PRELIMINARY/JUNIOR BRONZE

1. Axel
2. Combination Jump – Flip/Loop
3. Sit Spin
4. Combination of 2 field moves

(c) SENIOR BRONZE / JUNIOR SILVER

1. Axel
2. Double Jump of skaters choice
3. Flying Camel
4. Straight Line Step Sequence

(d) SENIOR SILVER / GOLD

1. Axel
2. Double – Double jump combination of skaters choice
3. Flying Camel
4. Circular Step Sequence

(10) SYNCHRONIZED SKATING

- **SEE SEPARATE TECHNICAL PACKAGE FOR THE SYNCHRONIZED SKATING PROGRAM REQUIREMENTS ON THE SKATE CANADA MANITOBA WEBSITE.**

JUDGES AND REFEREES (FROM RULE 7504)

- (1) SELECTION OF OFFICIALS:** Judges, referees and accountants shall be selected from the official Association judges and accountants list. Judges and referees must be eligible persons. A panel of at least five judges is recommended for all events but is required for events progressing skaters onto the National STARSkate Championships.
- (2) COMPOSITION OF THE PANELS:** For Interclub or Invitations events of the type listed in Rule 7302, Primary judges may be used for any event requiring no more than a Preliminary test as a prerequisite for entry. For all other events, Juvenile or higher judges must be used and must be qualified at the applicable level of the event (i.e. Juvenile or higher judges for Juvenile/Senior Bronze test or lower events; Pre-Novice judges or higher for Pre-Novice/Junior Silver - Gold test events, etc).
- (3) INTERCLUB JUDGES:** “Interclub Judges” are qualified to judge all Gold and lower events at Interclub or Invitational competitions.

ACCIDENTS / LIABILITY

Skate Canada, the host Section and the Local Volunteer Team undertake no responsibility for damages or injuries suffered by skaters. As a condition of and in consideration of their entries in these Championships, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor’s person and property resulting from, or caused by or connected with, the conduct and management of the competitions and to release any and all claims they may have against the officials, the

Association, the Section, the Volunteer Team and against their officers and their entries shall be accepted only on these conditions.

Skate Canada Manitoba Camera Policy

Flash photography is not permitted. Skate Canada Manitoba restricts the use of cameras and video equipment during Skate Canada sanctioned events out of respect for the safety and to protect the privacy of competing athletes.

Spectators are permitted to use cameras at the event for personal use only and are subject to the following conditions. Anyone who does not abide by these rules risks having their camera confiscated by authorized personnel.

- No flash photography is allowed
- Camera lens must not be larger than 200mm in order to avoid obstructing the view of other spectators
- Any resale of photography or posting photos on websites is strictly prohibited
- Video camera's can only be used by the parent(s) of their own skater during their performance

Coaches are only permitted to video tape their own skater from the boards during that skater's practice or performance. Coaches can not video tape from the spectator area

Skate Canada Manitoba has an Official Photographer at events that will have skater photos available to purchase on site.

Accommodations

Bay Hill Inn & Suites

160 Hwy 16 West
Neepawa, MB
Phone: 1-888-476-8802
Rates: \$89.99 plus tax

West Way Inn Motel

153 Hwy 16 West
Creighton, SK
Phone: (204) 476-2355
Rates: \$70.00 plus tax 2009 rate

Neepawa Motel

71 Main St. West
Neppawa, MB
Phone: (204) 476-2331
Rates: \$62.00 plus tax

Event Schedule

A finalized schedule of events and practices will be provided to each skater by the host region.

Admission Fees

Adults - \$5.00
Students & Children- \$2.00
Seniors - \$2.00

THIS ANNOUNCEMENT IS SUBJECT TO CHANGE

Please keep yourself updated on the website



2010 Power Smart Manitoba Winter Games STARSkate Registration Form – FIGURE SKATING

Athletes must be a minimum of 10 years of age before October 1st, 2009. Coaches must be a minimum of 18 years of age as of January 1st, 2010. Incomplete Registration Forms will not be accepted.

Are you the (circle one): Athlete Assistant Coach Coach Manager

First Name: _____ Middle Initial: _____ Last Name: _____

Street/PO Box: _____ Town/City: _____ Postal Code: _____

Phone Number: _____ Email: _____ Gender (circle one): Female Male

Birth date: (dd/mm/yyyy) _____ Club: _____ Region: _____

Skate Canada Number: _____ Free Skate Test Level: _____

Coach Name: _____ Coach Email: _____

Jacket Size: (Circle One): YS YM YL AS AM AL

Person to contact in case of Emergency:

Name: _____ Home #: _____ Other #: _____

For regional qualifier dates, locations and deadlines please refer to the back of this form.

Waiver, Release, and Consent:

I hereby authorize emergency medical or surgical treatment for myself/my son/my daughter/my ward if such treatment is needed during the Manitoba Games. I hereby release all persons involved in the organization of the Manitoba Games, the Province of Manitoba, Sport Manitoba, Manitoba Games Council, the Regional Games council, the Manitoba Games Provincial Host Society, the Manitoba Games Regional Host Societies and the Provincial Sport Organizations from any claims, actions, costs, demands, expenses or damages of any kind whatsoever that I /my son/my daughter/my ward may have and any and all loss, damage or injury sustained by me/my son/my daughter/my ward or my/his/her equipment during, after and en route to, or from any or all of the Power Smart Manitoba Games competitions. Waive any and all claims that I /my son/my daughter/my ward, have or may have in the future. Grant the right to use, without payment of any fee, charge, or compensation of any kind, including royalties, any and all written information (not including the Medical Form), and/or any and all photographs, video tape, or other visual medial of myself taken during the Games for non-commercial, promotional purposes, and I also agree to waive any right to approve such use. I have read this release of liability and assumption of risk agreement, and fully understand its terms. I understand that I have given up substantial rights by signing it, and sign freely and voluntarily, without any inducement.

Athlete Signature: _____ Date: _____

Parent/Guardian: _____ Date: _____

- * Each individual must sign the Waiver, Release, and Consent.
- * Anyone under the age of 18 years must have Registration Form signed by parent or guardian.

Your name and address information including email address will be used to correspond with you regarding your registration, and to send you information about current and future Power Smart Manitoba Games. The Power Smart Manitoba Games may also contact you to conduct market research and surveys in an effort to continually improve the Power Smart Manitoba Games program. We also maintain and publish records of sport results. Your personal information will not be used for any other purpose without your consent. From time to time the Manitoba Games Council makes its contact information available to other carefully screened organizations (primarily sport organizations) that may want to let you know about an event or service that might interest you. You may withdraw your consent to any further collection, use or disclosure of information about you at any time by giving reasonable notice by email to mhgames@sport.mb.ca

Proud Presenting Sponsors of the 2010 Power Smart Manitoba Winter Games



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Please mail this completed registration form to your Region. **A Registration Fee of \$15.00 must be included with your form.** Please make cheques payable to Skate Canada Manitoba.

I acknowledge that should I be selected to the Regional Team, I will make every effort to represent my region at the Provincial Finals in Portage la Prairie from March 7th to 13th, 2010.

I also agree to pay the provincial registration fee of \$100, which entitles me to accommodations, transportation, food services, entertainment and special events while I am at the 2010 Power Smart Manitoba Winter Games. You will be contacted regarding the Provincial Registration process upon selection to the Regional Team.

I am registering in the following category:

- STARSkate Women** – Open to skaters **11 to 16** years of age as of **Oct 1, 2009** and may have passed the Jr. Bronze Free Skate test
- Combined Men** - Open to skaters **10 to 17** years of age as of **Oct 1, 2009**
- | | |
|--|--|
| <input type="checkbox"/> Special Olympics Level 1 Women | <input type="checkbox"/> Special Olympics Level 1 Men |
| <input type="checkbox"/> Special Olympics Level 2 Women | <input type="checkbox"/> Special Olympics Level 2 Men |
| <input type="checkbox"/> Special Olympics Level 3 Women | <input type="checkbox"/> Special Olympics Level 3 Men |

Regional Qualifying Dates and Locations – Please mail entry form & payment to your Region

Interlake

Date: January 10, 2010
Location: Arborg
Deadline: December 11, 2009
Mail to: Arborg SC
Box 706
Arborg, MB
R0C 0A0

North & South Westman

Date: January 16, 2010
Location: Neepawa
Deadline: December 11, 2009
Mail to: Heather Todoruk
Box 1172
Neepawa, MB
R0J 1H0

Winnipeg

Date: January 16, 2010
Location: Terry Sawchuk
Deadline: December 16, 2009
Mail to: 2010 Winnipeg Regionals
84 Coralberry Ave
Winnipeg, MB
R2V 2P3

Eastman

Date: January 17, 2010
Location: La Broquerie
Deadline: December 15, 2009
Mail to: CPA La Broquerie FSC
Box 366
La Broquerie, MB
R0A 0W0

Norman

Date: January 23, 2010
Location: Flin Flon
Deadline: December 15, 2009
Mail to: Flin Flon SC
Box 732
Flin Flon, MB
R8A 1N5

Central Plains & Pembina Valley

Date: January 24, 2010
Location: Holland
Deadline: December 15, 2009
Mail to: Holland SC
Box 387
Holland, MB
R6W 4B6

Parkland

Date: January 24, 2010
Location: Roblin, MB
Deadline: December 16, 2009
Mail to: Roblin SC-Regional Competition
Box 40
Roblin, MB
R0L 1P0

The following information will be used for statistical purposes. Please complete.

Do you identify yourself as an Aboriginal person? Aboriginal is defined as First Nation, Metis or Inuit. Yes ___ No ___

Are your family recent immigrants to Manitoba? Recent is defined as within the last four years. Yes ___ No ___

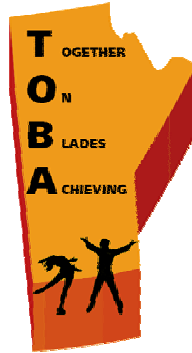
Where did you hear about the Power Smart Manitoba Games? Please check all that apply.

Parent ___ Friend ___ Coach ___ School ___ TV ___ Radio ___ Local Newspaper ___

Winnipeg Free Press ___ Poster ___ Brochure ___ Mail ___ Email ___ Games Website ___

Sport Manitoba Regional Office ___ Provincial Sport Organization ___ Other (please list) _____

2010 JUNIOR DEVELOPMENT PROGRAM



Together On Blades Achieving

Junior TOBA Team Vision

Junior TOBA Team is a Skate Canada Manitoba Junior Development program which identifies and gives opportunity to skaters who meet the set criteria and is crucial in the process in which a skater advances to the competitive stream.

Criteria for the 2010 Junior Development Program

STARSkate events - Skaters must be registered at their 2010 STARSkate Regional Competition in one of the following events:

- Pre Preliminary - 8 and under
- Preliminary - 9 and under
- Jr. Bronze - 10 and under
- All boys in the above categories
- Age as of October 1st preceding the competition
-

Competitive events - Skaters must be registered at the 2010 BMO Skate Canada Sectional - Manitoba Championships in the following events:

- Pre Juvenile Women - under the age of 11
- Juvenile Women - under the age of 12
- Pre Juvenile Men - under the age of 12
- Juvenile Men - under the age of 13
- Age as of July 1st preceding the competition

Registration Deadline

Application forms for the 2010 Junior Development program must be received by Skate Canada Manitoba by **January 8, 2010**. Registration forms are available on the Skate Canada Manitoba website at www.mbskates.ca.

2010 Junior Development Seminar - March 14, 2010 Morden, MB



2010 Junior Development Program

Junior TOBA Team Application Form

Name:	Home Phone:
	Email:
Address:(Street, Box, City/Town, Prov./State, Postal/Zip code)	Parents Name:
	Work Phone:
Age (as of Oct 1, 2009): Birthday: M D Y Gender: M ___ F ___	Skate Canada Number:
Home Club: Club Number:	Highest Test Passed (as of November 15, 2009): Free Skate: Event Registered in for 2010STARSkate Regional Competition:
Coach Name:	Phone:
Address:	Email:
T-shirt Size:	
<input type="checkbox"/> Youth Small <input type="checkbox"/> Adult Small <input type="checkbox"/> Youth Medium <input type="checkbox"/> Adult Medium <input type="checkbox"/> Youth Large <input type="checkbox"/> Adult Large	
Fee: \$60.00	
<input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card ___ Visa ___ MC ___ AMEX CC# _____ Exp _____ Name that appears on credit card _____ Signature _____	
*Only Credit Card entries may be fax	

Registration Deadline Date: January 8, 2010

Return to:
Skate Canada Manitoba
200 Main St
Winnipeg, MB R3C 4M2
Fax (204) 925-5924